ABSTRACT OF THE DISCLOSURE

The invention relates to a A motor vehicle seat (1) with has a seat height adjustment device that is embodied in such a way as to adjust for adjusting a first part of the motor vehicle seat [[(2)]] in relation to a second part. (3) of the meter vehicle seat (1), with at At least one crash element (4) being is arranged between the first part [[(2)]] and the second part. (3), said crash element which in the event of a collision, prevents preventing or at least hindering hinders movement of the first part [[(2)]] relative to the second part. [[(3).]] According to the invention, the crash element (4) is embodied as comprises a piston-cylinder unit, with the piston (5) thereof being connected to the first part of the motor vehicle seat. [[(2)]] and the cylinder (6) thereof being connected to the second part. (3) of the motor vehicle seat (1). An opening [[(8)]] is provided in a cylinder wall [[(7)]] of the piston-cylinder unit through which a toothed blocking element [[(9)]] can be engaged in a blocking manner with a toothing [[(11)]] formed on the piston, [[(5),]] at least in the event of a collision.